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Nutrition news letter



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Call for Action

By the time this News Letter is off the press, all nutrition committees will have received full information about the "Food Fights for Freedom" campaign which was first mentioned in News Letter #15. On August 25, copies of the Information Program setting forth the general objectives of the campaign and the reasons why the War Food Administration was 100 percent back of it were sent to all State nutrition committee members and to county and local committee chairmen and secretaries, together with a statement from this Branch asking that plans be laid immediately to complete organization of nutrition committees in all unorganized counties by October 15. We know that State committees took up the challenge and went to work to reach that goal. Further, local committees were given the green light to take leadership in organizing citizens' education committees on food and nutrition where they did not already exist, and to cooperate fully with those already functioning so that, by November, the machinery for a broad program of information on the whole wartime food problem would be oiled and greased and ready to go into action.

The Information Program was later implemented by a mobilization handbook which was purposely flexible enough in its suggestions to be adapted to communities of varying size and type.

In the next News Letter, we will give a progress report on current developments in the campaign. In the meantime, full steam ahead!

Watch for Possible Surpluses

The possibility of a surplus of sweetpotatoes in some regions this year means that nutrition committees should be ready to encourage their use all over the country, especially in those areas where sweetpotatoes are not ordinarily consumed in large amounts. The high nutritive value and the supplies available of both Irish potatoes and sweetpotatoes warrant urging the use of either one kind or the other twice a day.

The outstanding selling point for sweetpotatoes is the fact that they are approximately equal to white potatoes in energy value, vitamin C, thiamin, and protein content, and have a good amount of vitamin A in addition. Consumers are urged to purchase cured sweetpotatoes (and also Irish potatoes) in quantity if they have available home storage space. Nutrition committees can help by publicizing the facts and seeing that sweetpotato recipes are available.

On the alert - By being aware of local surpluses and using every possible way of moving them into their fullest utilization, State and local committees can and will contribute greatly to the War Food Program.

NUTRITION AND FOOD CONSERVATION BRANCH NEWS

Community Programs Division - Food Preservation Workshops

The fourth workshop conducted by the Food Distribution Administration on community food preservation was held in Denton, Tex., the last of July. It was organized by the Dallas Regional Food Distribution Administration Office in cooperation with other agencies. Technical assistance was given by Washington. The nutrition committees of the region sponsored this workshop and the chairmen of the nutrition committees and representatives of agencies in the States of the region were invited to attend the workshop; 110 attended.

These workshops are a very important activity of the nutrition program. They provide for the training of leaders for a vital war food activity who will be able to carry these methods and information on food preservation back to their communities. This will make possible the preservation of food, now abundant, for use this coming winter by families as well as groups, such as the school lunch. This will assist greatly in supplying the foods necessary for an adequate diet.

Conservation Division - Save Food for Freedom

The pamphlet, "Help Reduce America's Waste Line," which has gone out to the nutrition committees, describes eight food conservation projects which might be suggested to local clubs. Among projects which might be offered to local clubs, the following would fit in well with the over-all "Food Fights for Freedom" campaign scheduled for November:

The Clean Plate Club can be supported by all clubs as part of the over-all campaign, reporting methods used and progress achieved to the central committee for the over-all food campaign.

Surveys of food waste in homes, stores, restaurants, bakeries, dairies can be carried out in cooperation with local groups to determine amount and kinds of food waste and effective food-saving methods.

Display of exhibits and posters at churches, clubrooms, and public information centers should be encouraged. The Bureau of Human Nutrition and Home Economics "Fight Food Waste in the Home" posters are especially good. These can be supplemented with hand-made posters produced in the community.

A School Program on food conservation has been planned for elementary and high schools. Publicity on this is going to the schools from the Office of Education, through State education journals, and in private publications reaching the schools. Schools are offered plans for curricular and extra-curricular activities. See your local school superintendent to discuss ways of gearing this into the community "Food Fights for Freedom" campaign.

Demonstrations on causes and cures of food waste in the home could be offered through cooperation of local utility companies and department stores on subjects such as planned buying, proper storage methods, preparation of food, changing table manners to save food, and use of left-overs.

NEWS NOTES OF NUTRITION COMMITTEES

Forecasting Food Facts

A fact-finding committee has been established by the Alameda County, California, Nutrition Council in the Bay Area Region. This committee serves in the capacity of a research department to forecast the food situation as to surplus and shortage. It is designed to aid meal planning in industrial plants by providing advance notice on what food to include. The committee works closely with the War Food Administration and the State Department of Agriculture.

Ask Me Another!

During May and June, the Cleveland Health Museum in cooperation with the Cleveland Health Council presented a series of three Nutrition Quizzes in the Museum Auditorium. The public was invited to submit questions to be answered at the meetings.

"Nutrition and Point Rationing with Particular Reference to Special Diets" was the subject on May 19. On June 2, "Nutrition and Food Preservation" was the subject. Accompanying this Quiz was a display of canning and dehydrating equipment. "Food Fads and Fallacies in Nutrition" was discussed on June 16. Representatives of the nutrition committee participated in the quiz and served as moderators.

Keep 'Em Eating

Iowa State Manufacturers Association is sending a list of nutrition services available to plant management. The Iowa State nutritionist is meeting with delegates from the CIO and AFL locals this summer at their annual meetings as a result of interest created at a meeting on Nutrition in Industry. The latter meeting was called by the Director of the Iowa State Health Department, and was attended by the President of the Iowa Manufacturers Association, the President of the State CIO, and the President of the State AFL.

The list of services as compiled by the Iowa State nutritionist and the regional industrial nutritionist included:

a. Suggestions on cafeteria or canteen meals and equipment, midmorning or midafternoon lunches, and home-packed lunches which furnish at least one-third of the recommended daily requirement and are compatible with food shortages and the ration program.

b. Assistance in planning an educational nutrition program for workers in the plant including: 1. Publicity in plant publications; 2. Posters; 3. Leaflets; 4. Exhibits; 5. Movies; 6. Interest arousing contests; 7. Illustrated talks.

c. Individual assistance to plants that have special nutrition problems which do not come under assistances stated above.

d. Consultation to plant nursing staffs in their nutrition education program.

e. Assistance to labor unions and labor auxiliaries for nutrition education in their local meetings by illustrated talks and motion pictures.

Go Into the Kitchen!

Nutrition classes for kitchen employees in three-way plants are being conducted in Kansas City, Mo. Five 1-hour lessons are given for 5 consecutive days on plant time. A special Red Cross certificate is granted the plant food department on completion of the course.

New Materials (Samples Not Enclosed)

"HOME CANNING CHARTS"—a set of twenty picture charts showing step by step how to can fruit and tomatoes by the boiling-water bath method and how to can vegetables using the steam pressure canner. The 14½ x 20 inch charts were prepared by the Bureau of Human Nutrition and Home Economics. A limited supply will be available in each regional office for the use of State and local nutrition committees. For additional copies, send 50 cents per set to the Superintendent of Documents, Government Printing Office, Washington, D. C.

New Materials (Samples Enclosed)

"GREEN VEGETABLES IN WARTIME MEALS" - a pamphlet prepared by the Bureau of Human Nutrition and Home Economics. Suggestions on the preparation of these vegetables to retain their highest nutritive value as well as recipes planned for six are included. Copies may be obtained, in quantities, free from the regional offices of the Food Distribution Administration.

"A COOPERATIVE NUTRITION PROGRAM" - a reprint by Dr. John F. Kendrick, from Public Health Reports, which suggests ways for the participation of the health department in the nutrition program. A description of the nutrition program in North Carolina is given in more detail. Additional single copies may be obtained from the Nutrition and Food Conservation Branch of the Food Distribution Administration, in Washington.

"NATIONAL PROVINCIAL, AND LOCAL NUTRITION PROGRAMS IN CANADA" - another reprint from the Public Health Reports by G. F. Amyat. A brief description is given of the organization of the nutrition program in Canada with more details on the nutrition program as it is being carried on in the Province of British Columbia.

Sincerely yours,



Chief, Nutrition and Food
Conservation Branch



Associate Chief, Nutrition and Food
Conservation Branch

Enclosures.